



sandiegocountylibrary

events

Lakeside Branch Library

9839 Vine St, Lakeside CA 92040

Phone: (619) 443 1811

May 2014

Library Hours

Mon, Thu: 9:30 AM 6 P.M.

Tue, Wed: 9:30 AM 8 P.M.

Fri, Sat: 9:30 AM 5 P.M.

CLOSED ON SUNDAYS

Special Events & Highlights in May

Tuesday, May 6th, 5:00 PM-Mona Mills - Art Exhibit Opening

San Diego County Library and Aging & Independence Services present San Diego Legends: Living Well, an annual recognition comprised of painted portraits by local artist Mona Mills, photographs, and impact statements about local elders who lead by example. We will also be introduced to some of Mona Mills' works in *New Symbolism*.

Thursday May 8th, 1:30 PM-Older American Month: Alternative Approaches to Arthritis

May is "Older Americans Month". During May, the library offers a series of programs especially geared toward the senior population. Join Dr. Gerald Williams' free presentation about alternative approaches to treating arthritis. Dr. Williams is a member of the Foundation for Wellness Professionals, a non-profit group of dedicated health care experts who donate their time to speak in the community on health issues and disease prevention. Dr. Williams graduated from one of England's most respected Universities, the University Of Kingston in London and from the prestigious Pacific College of Oriental Medicine. He is a Board Certified Doctor of Acupuncture and he has trained In Mind Body Medicine from the Harvard Medical school, as well as in extensive oriental medical studies in mainland China. Dr. Williams has been featured both on TV and Radio nationally.

Saturday May 10th, 2:00 PM-Country Living Series: Vegetable Gardening 101

Have you ever dreamt about growing your own organic veggies but didn't quite get a start on it? Here comes the help to get you going with the project. Join us for a free class on vegetable gardening 101 with Karan Greenfield from the San Diego Master Gardeners.

Wednesday May 14th, 10:30 AM-Meet the Author: Roger Conlee

Don't miss the opportunity to meet Roger Conlee, award winning local author of five novels. His latest, *Fog and Darkness* is being called masterful historical fiction. Roger L. Conlee's takes two protagonists, always in great danger, through the horrific final year of World War II. Historic figures such as President Franklin D. Roosevelt, Generals Douglas MacArthur and George Patton, and rocket scientist Wernher von Braun play roles in this narrative, which is told with faithful historical accuracy. Roger L. Conlee is a historian, journalist and communications consultant. Previously, he was a sportswriter, reporter and editor for the San Diego Evening Tribune and a sportswriter, assistant features editor and columnist for the Chicago Daily News. His work also has appeared in the Washington Post, Los Angeles Times and Detroit News, among others.

Thursday May 15th, 1:30 PM-Older Americans Month - Life-Long Learning with OASIS

Older Americans Month: Stay active physically and mentally. This non-profit organization's mission is to promote successful aging through healthy living, community service and life-long learning. See what classes OASIS has to offer to senior citizens.

Saturday May 17th, 10:30 AM-Homeschooling Resource Meeting

Learn about homeschooling options in the San Diego area from local homeschoolers and educators.

Wednesday May 21st, 10:30 AM-Books & Bagels

Join us for coffee and bagels and an intro to staff-picked book titles you might want to read next.

Thursday May 22nd, 1:30 PM-Healthy Living Series: Wellness through Acupressure

Massage Therapist HHP Analee Kinninger shows you how you can apply acupressure to help yourself with pain reduction and improvement of flexibility.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May is Older Americans' Month			1 9:30 AM-English Conversation Cafe 10:30 AM-Preschool Storytime 3:30 PM-Teen Cooking	2 9:30 AM-Intro to Computers for Beginners 10:30 AM- Toddler Storytime 3:30 PM-All About Books	3
5 3:00 PM-Chess Club 3:30 PM-Bilingual Storytime/Cuentos en Espanol	6 10:30 AM-Kids in Action Storytime 3:00 PM-PAWS to Read 4:00 PM-Science Explorers 5:00 PM-Mona Mills - Art Exhibit Opening	7 2:30 PM-Homework Help 3:30 PM-PAWS to Read 6:00 PM-Bingo Night	8 9:30 AM-English Conversation Cafe 10:30 AM-Preschool Storytime 1:30 PM-Older American Month - Alternative Approaches to Arthritis 3:30 PM-Teens Craft	9 9:30 AM-Intro to Computers for Beginners 10:30 AM- Toddler Storytime 3:30 PM-All About Books	10 2:00 PM-Country Living Series: Vegetable Gardening 101
12 3:00 PM-Chess Club 3:30 PM-Bilingual Storytime/Cuentos en Espanol	13 10:30 AM-Kids in Action Storytime 3:00 PM-PAWS to Read 4:00 PM-Science Explorers	14 10:30 AM-Meet the Author: Roger Conlee 2:30 PM-Homework Help 3:30 PM-PAWS to Read	15 9:30 AM-English Conversation Cafe 10:30 AM-Preschool Storytime 1:30 PM-Older Americans Month - Life-Long Learning with OASIS 3:30 PM-Teen Games	16 9:30 AM-Intro to Computers for Beginners 10:30 AM- Toddler Storytime 3:30 PM-All About Books	17 10:30 AM-Homeschoolers' Resource Meeting
19 3:00 PM-Chess Club 3:30 PM-Bilingual Storytime/Cuentos en Espanol	20 10:30 AM-Kids in Action Storytime 3:00 PM-PAWS to Read 4:00 PM-Science Explorers	21 10:30 AM-Books & Bagels 2:30 PM-Homework Help 3:30 PM-TAG meeting 3:30 PM-PAWS to Read 6:00 PM-Bingo Night	22 9:30 AM-English Conversation Cafe 10:30 AM-Preschool Storytime 1:30 PM-Healthy Living Series: Acupressure Self-help 4:00 PM-Lakeside Book Club	23 9:30 AM-Intro to Computers for Beginners 10:30 AM- Toddler Storytime 3:30 PM-All About Books	24
26 CLOSED In observance of Memorial Day	27 10:30 AM-Kids in Action Storytime 3:00 PM-PAWS to Read 4:00 PM-Science Explorers	28 2:30 PM-Homework Help 3:30 PM-PAWS to Read	29 9:30 AM-English Conversation Cafe 10:30 AM-Preschool Storytime	30 <u>All Day-Fine Free Friday</u> 9:30 AM-Intro to Computers for Beginners 10:30 AM- Toddler Storytime 3:30 PM-All About Books	31